

2003

WISCONSIN

YOUTH RISK BEHAVIOR SURVEY

Executive Summary

WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION



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of Public Instruction
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YOUTH RISK BEHAVIOR SURVEY

Executive Summary

The 2003 Wisconsin Youth Risk Behavior Survey (YRBS) is conducted as part of a national effort by the U.S. Centers for Disease Control and Prevention to monitor health-risk behaviors of the nation's high school students. This report contains findings from the 2003 Wisconsin YRBS in eight priority areas: protective assets; traffic safety; weapons and violence; suicide; tobacco use; alcohol and other drug use; sexual behavior; and diet, nutrition and exercise.

The Department of Public Instruction (DPI) has administered the YRBS every two years beginning with 1993. The YRBS was administered to 2121 students in 50 public high schools in Wisconsin in the spring of 2003. The survey results are representative of ninth through twelfth grade public high school students in Wisconsin. In this report, the 2003 Wisconsin data are compared to the 1993, 1997, 1999, and 2001 Wisconsin data and the 2001 National YRBS data to indicate trends and comparisons. Survey procedures were designed to protect the privacy of students by allowing anonymous and voluntary participation. Local parent permission procedures were followed before administration, including informing parents that their child's participation was voluntary.

ASSETS

A youth's behavior is influenced by a complexity of experiences and influences. These positive influences have been described as assets. These assets have the power to protect youth from risk behaviors as well as promote healthy behaviors.

Wisconsin Highlights

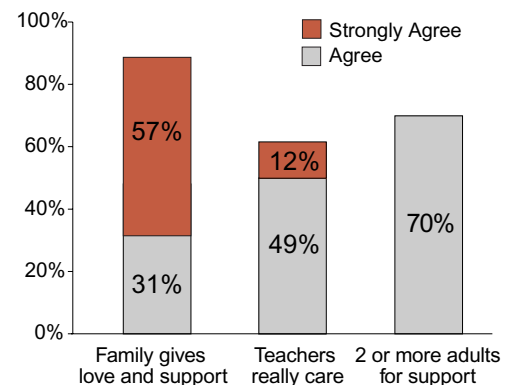
Wisconsin high school students generally report high levels of assets. In 2003, students are reporting high levels of social support, including family and teacher support. Schools and families do make a difference and they are essential in preventing risk behaviors among youth.

- Students who had strong family and teacher support and felt connected to their schools were less likely to engage in risky behaviors, including physical fights, carrying a weapon, using marijuana, drinking alcohol, and having sex.
- Students who report higher grades (mostly A's and B's) are less likely than those who report lower grades to be involved in risky health and safety behaviors. Examples include drinking alcohol, using marijuana, having sex, carrying a weapon on school property and fighting. However, students who report higher grades do engage in these risky behaviors at significant rates.
- Students reporting higher grades are also more likely to feel safe at school and are less likely to have been threatened or injured with a weapon at school.

High Grades and Social Support

	Males	Females
Get mostly A's or B's	62%	76%
Family gives love and support	89%	87%
Teachers really care, give support and encouragement	61%	62%
Feel like you belong at school	72%	70%
Other adults you could seek help from (2 or more)	69%	71%

Social support received from family, teachers, and other adults



TRAFFIC SAFETY

Wisconsin Highlights

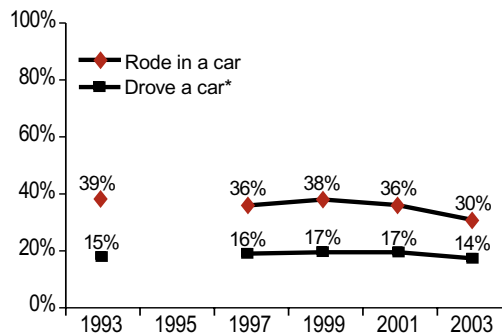
Student reports of seat belt and bicycle helmet use increased significantly and riding with someone who had been drinking decreased significantly from 1993 to 2003.

- Thirty percent of students reported riding with a driver who had been drinking alcohol at least once in the past 30 days.
- Twenty-four percent of 12th grade students and 20% of 11th grade students reported driving after drinking alcohol at least once in the past 30 days.
- Seat belt use when riding in a car driven by someone else increased from 51% in 1993 to 69% in 2003.
- Prevalence of students reporting never or rarely wearing a bicycle helmet decreased significantly from 96% in 1993 to 89% in 2003.

2001 National YRBS

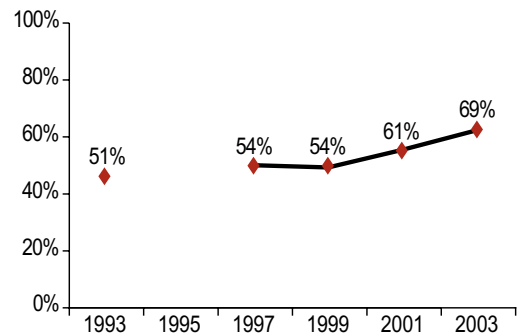
- Thirty-one percent of students reported riding with a driver who had been drinking alcohol at least once in the 30 days prior to the survey.
- Twenty-two percent of 12th grade students and 17% of 11th grade students reported driving after drinking alcohol at least once in the past 30 days.

Frequency of riding with someone or driving after drinking alcohol during the past 30 days, 1993 – 2003*



*Trend line remains relatively unchanged over time

Changes in seatbelt use ("always" or "most of the time") when riding in a car driven by someone else, 1993 – 2003



WEAPONS & VIOLENCE

Wisconsin Highlights

Student reports of carrying weapons, including guns, both anywhere and on school property and being threatened by a weapon decreased significantly from 1993 to 2003.

- Reports of carrying a weapon anywhere decreased from 19% in 1993 to 13% in 2003 and reports of carrying a weapon on school property decreased from 9% in 1993 to 3% in 2003.
- Prevalence of students reporting carrying a gun anywhere decreased from 9% in 1993 to 5% in 2003.
- Reports of being threatened by a weapon on school property decreased from 8% in 1993 to 5% in 2003.

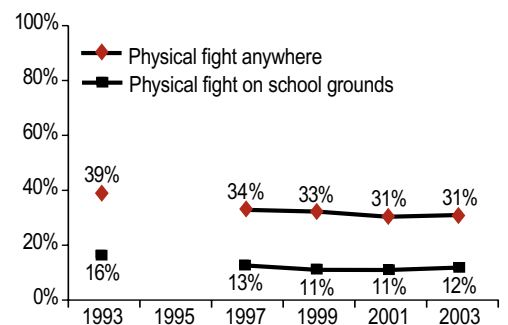
2001 National YRBS

- Seventeen percent of students had carried a weapon and 6% had carried a gun anywhere.
- Thirty-three percent of students had been in a physical fight anywhere and 13% had been in a fight on school property during the 12 months preceding the survey.

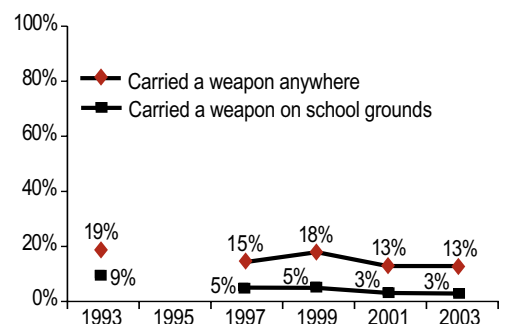
Male students had a significantly higher prevalence rate than female students on nearly every measure of violence and weapon use, Wisconsin, 2003

	Males	Females
Carried a weapon anywhere	20%	5%
Carried a gun anywhere	8%	2%
Physical fight anywhere	39%	24%
Physical fight on school property	15%	8%

Changes in physical fighting in the past 12 months by location, 1993 – 2003



Changes in weapons carrying, including guns in the past 30 days by location, 1993 – 2003



SUICIDE

Wisconsin Highlights

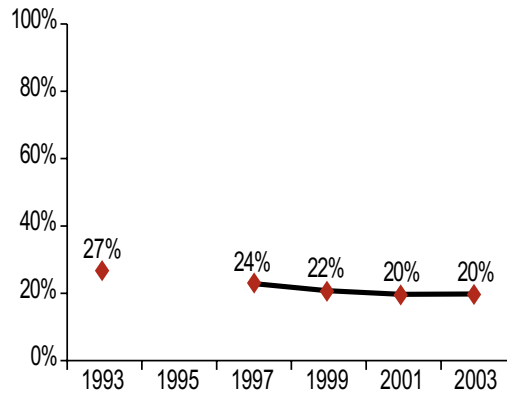
- Prevalence of students reporting having seriously considered suicide in the past 12 months has dropped significantly from 27% of students in 1993 to 20% of students in 2003
- Prevalence of students reporting they have attempted suicide in the past 12 months (8%) has remained steady between 1993 – 2003.

2001 National YRBS

The prevalence of suicidal behaviors among Wisconsin students mirrored national prevalence rates.

- Nineteen percent of students seriously considered suicide, and 9% of students attempted suicide in the 12 months prior to the survey.

Changes in serious consideration of committing suicide in the past 12 months, 1993 – 2003



Female students were significantly more likely than male students to report feeling sad or hopeless and to consider and attempt suicide.

	Males	Females
Feeling sad or hopeless, two weeks in a row	18%	34%
Considered suicide	14%	26%
Attempted suicide	5%	12%

TOBACCO

Wisconsin Highlights

Student reports of smoking related behaviors have decreased significantly.

- Fifty-four percent of students reported ever trying cigarette smoking in 2003 compared to 64% in 2001.
- Prevalence of students who smoked a cigarette before the age of 13 decreased from 27% in 1993 to 17% in 2003.
- Prevalence of students reporting smoking a cigarette during the past 30 days decreased from 32% in 1993 to 24% in 2003.
- Reports of smoking cigarettes on school property decreased from 13% in 1993 to 8% in 2003.

2001 National YRBS

- Sixty-four percent of students reported ever trying cigarette smoking
- Twenty-eight percent of students reported smoking a cigarette during the past 30 days.

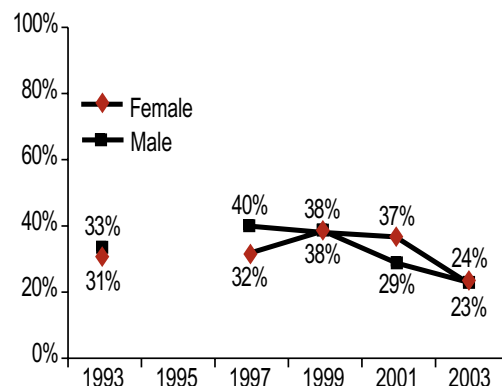
Female and male students reported similar tobacco use. The only exception is males are more likely to report using smokeless tobacco

	Males	Females
Ever tried smoking a cigarette	55%	53%
Smoked cigarette prior to age 13	19%	16%
Smoked cigarette past 30 days	23%	24%
Smoked cigarettes daily	18%	20%
Current smokeless tobacco user	13%	2%

Among students who smoke, heavy smoking behavior dropped significantly from 1993 to 2003.

	1993	2003
Smoked on 20 or more of the past 30 days	16%	12%
Smoked two or more cigarettes per day on the days they smoked	22%	17%
Smoked more than 10 cigarettes per day on the days they smoked	5%	2%

Changes in cigarette smoking past 30 days, by gender, 1993-2003



ALCOHOL & OTHER DRUGS

Wisconsin Highlights

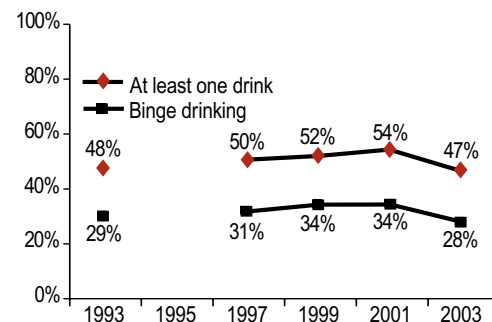
In 2003, student reports of alcohol use are showing signs of decreasing. However, a significant percentage of students continue to report using alcohol, marijuana and cocaine.

- In 2003, fewer students reported experimenting with alcohol before the age of 13 compared to 1993 (25% compared to 37% respectively).
- Students in 2003 are reporting alcohol consumption levels comparable to 1993 levels. Forty-seven percent of students reported drinking alcohol in the past 30 days and 28% of students reported binge drinking (5 or more drinks of alcohol in a row) in the past 30 days.
- Male students were significantly more likely than female students to report experimenting with alcohol and marijuana before the age of 13. Twenty-eight percent of males reported experimenting with alcohol before the age of 13 compared to 23% of females, and 12% of males reported experimenting with marijuana before the age of 13 compared to 6% of females.
- Prevalence of students who reported using marijuana in the past 30 days increased significantly from 11 % in 1993 to 22 % in 2003.

2001 National YRBS

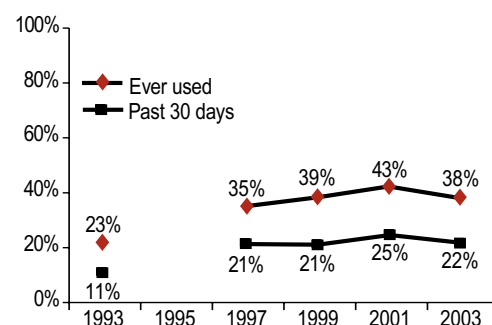
- Forty-seven percent of students reported drinking alcohol in the past 30 days and 30% of students reported binge drinking in the past 30 days.
- Forty-two percent of students reported having used marijuana during their lifetime and 24% of students reported using marijuana in the past 30 days.

Changes in alcohol use past 30 days, 1993 – 2003*



*Trend line remains relatively unchanged over time

Changes in marijuana use, 1993 – 2003



SEXUAL BEHAVIOR

Wisconsin Highlights

Overall, student reports of risky sexual behavior have decreased significantly between 1993 and 2003.

- Forty percent of students said that it was important for them to delay having sexual intercourse until they were married, engaged, or an adult in a long-term, committed relationship, while 23% of students said that it was not important to delay having sexual intercourse and another 18% were unsure.
- Prevalence of students who reported having ever had sexual intercourse decreased significantly from 47% in 1993 to 37% in 2003.
- The majority of sexually active students reported using a reliable form of birth control the last time they had sex. Seventy-five percent of students reported using a condom, birth control pill or Depo-Provera before their last sexual intercourse.

2001 National YRBS

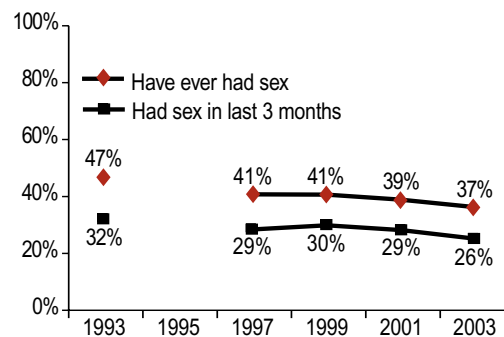
- Forty-six percent of all students reported having had sexual intercourse during their lifetime and 33% report being currently sexually active (sexual intercourse past 3 months).
- Fifty-eight percent of students who had sexual intercourse in the past 3 months reported using a condom the last time they had sex.

Sexual behaviors among currently sexually active students*, Wisconsin, 2003

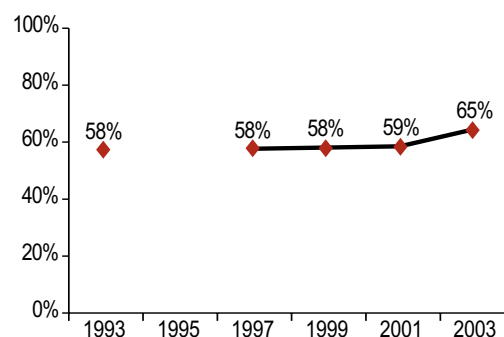
	Males	Females
Had sex in past 3 months	24%	29%
Used alcohol or drugs before last sexual intercourse	29%	22%
Condom use last sexual intercourse	71%	61%

*Sexual intercourse during the last 3 months

Changes in sexual behavior, 1993 – 2003



Changes in condom use among currently sexually active students, 1993 - 2003



DIET, NUTRITION & EXERCISE

Wisconsin Highlights

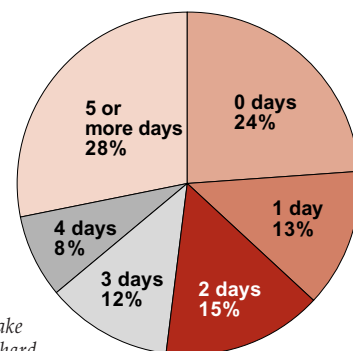
- Twenty-four percent of all students are at risk for becoming overweight or are overweight according to their Body Mass Index (BMI). Males are more likely to be overweight.
- Thirty-four percent of students reported eating 3 or more servings of fruit and 18% reported eating 3 or more servings of vegetables on the day prior to the survey.
- Fifteen percent of students reported not eating breakfast at all in the last 7 days and 62% of students went two or more days without breakfast.
- In 2003, fewer students reported drinking soda on the day prior to the survey compared to 2001 (60% compared to 66% respectively).

2001 National YRBS

- Sixty-five percent of students reported exercising or participating in vigorous physical activities that made them sweat and breathe hard for at least 20 minutes on three or more of the past seven days.
- Twenty-six percent of students reported participating in moderate physical activity that did not make them sweat or breathe hard on five or more of the past seven days.

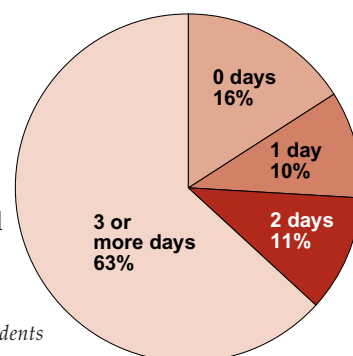
Frequency of moderate* physical activity in the past 7 days

*Activities that did not make students sweat or breathe hard



Frequency of strenuous** physical activity in the past 7 days

**Activities that made students sweat and breathe hard



Wisconsin YRBS Trend Summary 1993 – 2003

Improved Behaviors

Key

- ▲ Increasing
- ▼ Decreasing
- Mixed

Alcohol

- ▼ Experimenting with alcohol before the age of 13
- Current and binge drinking fell to 1993 levels

Sexual Behaviors

- ▼ Ever had sex
- ▼ Sex in the past 3 months
- ▼ Been pregnant or gotten someone pregnant
- ▲ Abstaining longer before first sexual intercourse
- ▲ Condom use

Suicide

- ▼ Seriously considered attempting suicide

Tobacco

- ▼ Smoking before the age of 13
- ▼ Current smoking (past 30 days)
- ▼ Heavy smoking behavior (daily smoking, 10 cigarettes daily)
- ▼ Smoking on school property
- ▼ Smokeless tobacco use
- ▼ Adult smoker in household

Traffic Safety

- ▲ Bicycle helmet use
- ▲ Seat belt use
- ▼ Riding with someone who had been drinking alcohol

Weapons and Violence

- ▼ Carrying weapons (anywhere, school property)
- ▼ Carrying a gun
- ▼ Fighting (anywhere, school property)
- ▼ Threatened with a weapon on school property

Behaviors in Need of Improvement

Alcohol

- High levels of binge drinking

Other Drugs

- ▲ Ever used marijuana
- ▲ Marijuana use before the age of 13
- ▲ Current use of marijuana (past 30 days)
- ▲ Ever used and current use of cocaine
- ▲ Offered, sold or given an illegal drug on school property

Sexual Behaviors

- ▲ Alcohol and other drug use before last sexual intercourse
- ▼ Conversations about HIV/AIDS with parent or other adult family member

"We have made progress, but there is still work to be done to reduce threats to learning and to improve students' health and well-being."

— Elizabeth Burmaster